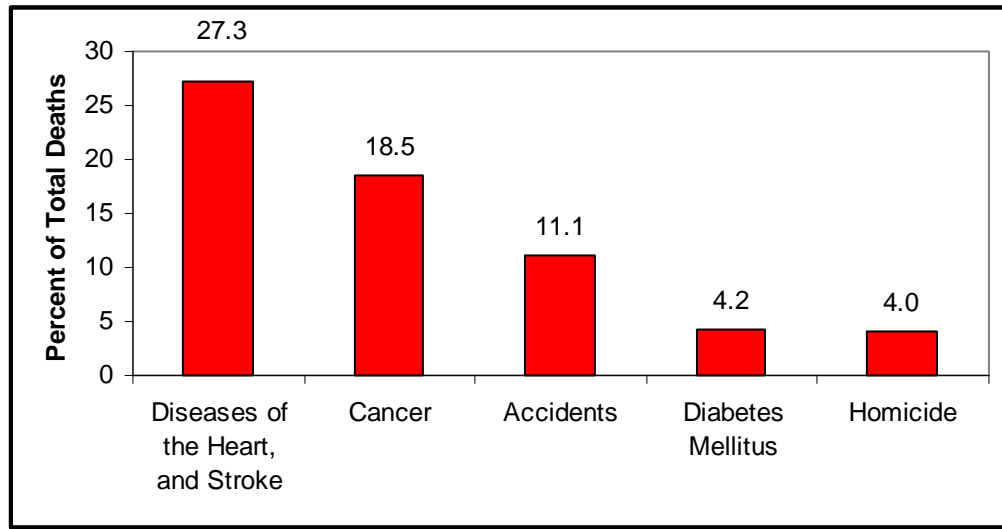


Statistical Fact Sheet — Populations

Hispanics and Cardiovascular Diseases

Leading Causes of Death for Hispanic Males

United States: 2000

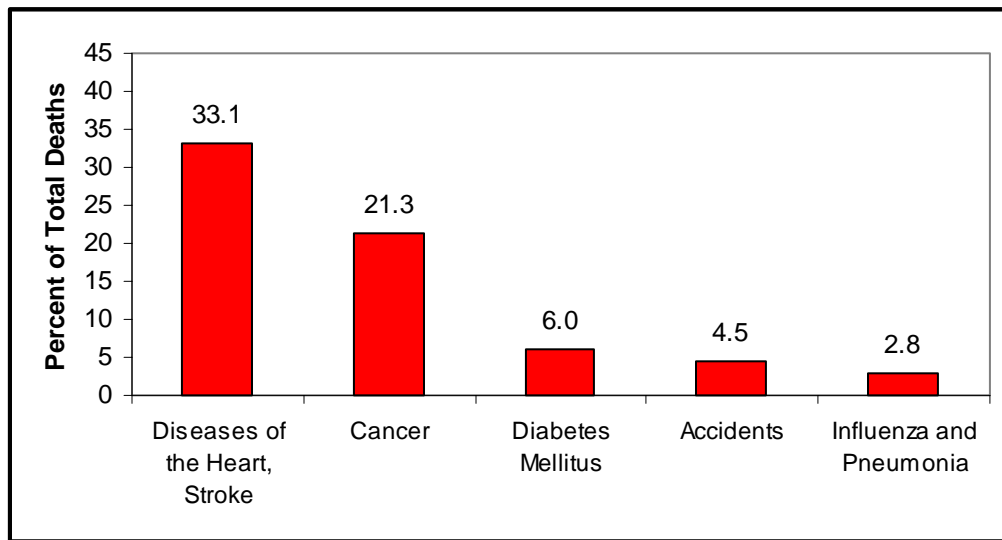


Note: The combined “Diseases of the Heart” and “Stroke” category represents about 90 percent of “Total Cardiovascular Disease.”

Source: CDC/NCHS. Mortality data for Hispanics include all persons of Hispanic origin of any race.

Leading Causes of Death for Hispanic Females

United States: 2000



Note: The combined “Diseases of the Heart” and “Stroke” category represents about 90 percent of “Total Cardiovascular Disease.”

Source: CDC/NCHS. Mortality data for Hispanics include all persons of Hispanic origin of any race.

Note: In U.S. government statistics, “Hispanic” includes persons who trace their ancestry to Mexico, Puerto Rico, Cuba, Spain, the Spanish-speaking countries of Central or South America, the Dominican Republic or other Spanish cultures, regardless of race. It doesn’t include people from Brazil, Guyana, Suriname, Trinidad, Belize and Portugal because Spanish is not the first language in those countries. Some data are reported according to ICD/9 codes and some use ICD/10 codes.

Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747)

- Among Mexican-American adults, the following have CVD:
 - 28.8 percent of men.
 - 26.6 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)

- Among Mexican Americans age 20 and older, the following have CHD:
 - 7.2 percent of men.
 - 6.8 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- Among Mexican Americans age 20 and older, the following have had a myocardial infarction (heart attack):
 - 4.1 percent of men.
 - 1.9 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- Among Mexican Americans age 20 and older, the following have angina (chest pain or discomfort caused by reduced blood supply to the heart muscle):
 - 4.1 percent of men.
 - 5.5 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- The 2000 overall CHD death rate was 186.9. The 1999 CHD death rate for Hispanics was 138.4. (CDC/NCHS)

Stroke (ICD/10 codes I60-I69) (ICD/9 codes 430-438)

- Among Mexican Americans age 20 and older, the following have had a stroke:
 - 2.3 percent of men.
 - 1.3 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- The 2000 overall death rate for stroke was 60.8. The 1999 stroke death rate for Hispanics was 40.0. (CDC/NCHS)

- Racial and ethnic minority populations **in some age groups** have a higher relative risk of stroke death when compared with the U.S. non-Hispanic white population. Among Hispanics, the relative risk is
 - about 1.3 times higher at ages 35-64.
 - slightly lower at ages 65-74.
 - about half that of non-Hispanic whites at age 75 and older.

(MMWR, Vol. 49, No. 5, Feb. 11, 2000, CDC/NCHS)

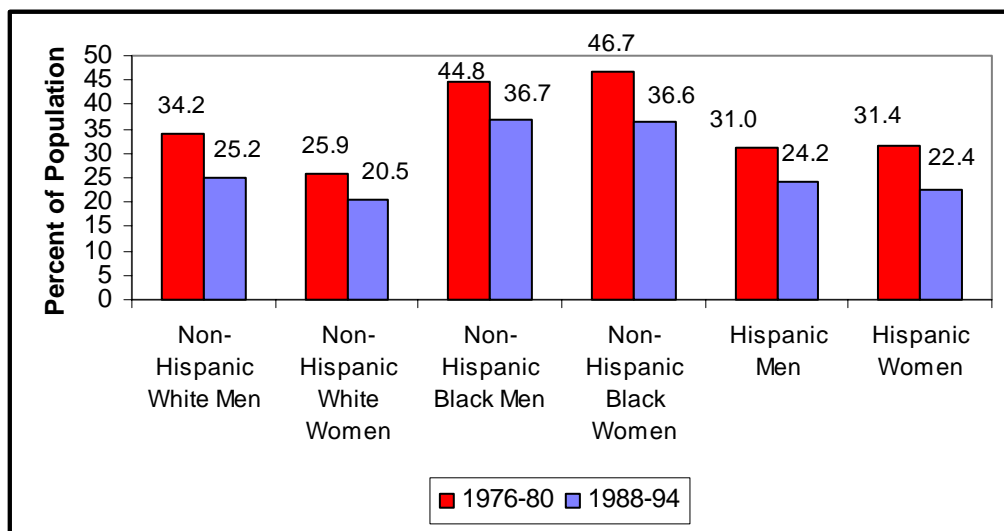
High Blood Pressure (HBP) (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- Among Hispanics age 18 and older, the median percentage who've been told by a health professional that they have HBP is 18.6 percent. (BRFSS [1997], CDC/NCHS)
- Among Mexican Americans age 20 and older, the following have HBP (defined as systolic pressure of 140 mm Hg or higher or diastolic pressure of 90 mm Hg or higher, or taking antihypertensive medicine):
 - 24.2 percent of men.
 - 22.4 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

Age-Adjusted Prevalence Trends for High Blood Pressure, Ages 20-74 by Race/Ethnicity, Sex and Survey

United States: 1976-80 and 1988-94



Source: NHANES II (1976-80) and NHANES III (1988-94), CDC/NCHS. Data based on multiple measures of blood pressure.

Tobacco Smoke

- Among Hispanics age 18 and older, it's estimated that the following smoke:
 - 24.1 percent of men.
 - 12.3 percent of women.(NHIS [1999], CDC/NCHS)
- Among Hispanic high school students (grades 9-12), the following use any tobacco product:
 - 31.5 percent of males
 - 27.2 percent of females.(YRBS [2001], CDC/NCHS)
- 37.4 percent of nonsmoking adults are exposed to environmental smoke at home or at work. 35.1 percent of Mexican Americans are in this group. (NHANES III [1988-91], CDC/NCHS)

High Blood Cholesterol and Other Lipids

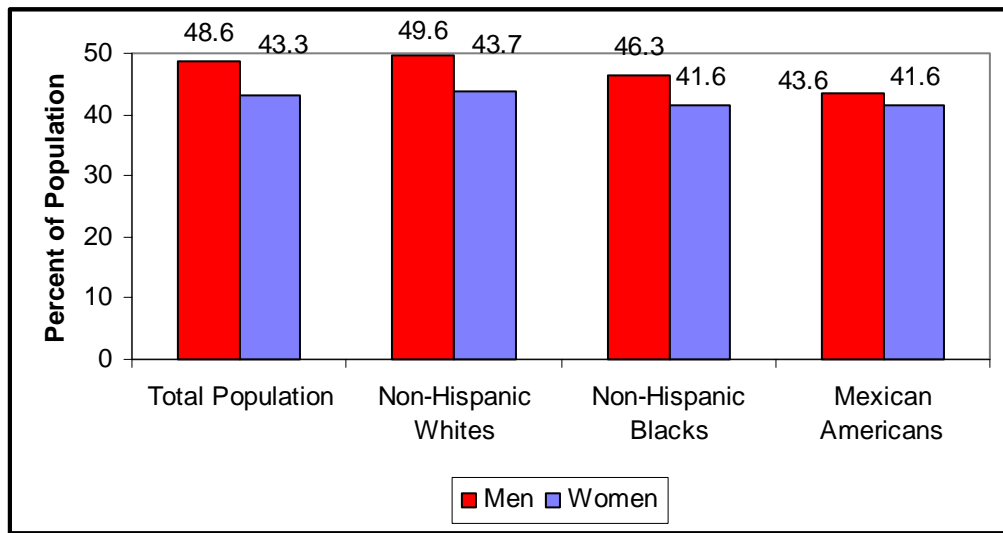
- Among children and adolescents ages 4-19, the mean total blood cholesterol level is 165 mg/dL. For boys it's 163 mg/dL and for girls it's 167 mg/dL. For Mexican Americans, it's
 - 163 mg/dL for boys.
 - 165 mg/dL for girls.(NHANES [1988-94], CDC/NCHS)
- In 2000, 50 million adult men and 55 million adult women had total blood cholesterol levels of 200 mg/dL or higher. In adults, total cholesterol levels of 240 mg/dL or higher are considered high risk. Levels from 200 to 239 mg/dL are considered borderline-high risk. (NHANES III [1988-94], CDC/NCHS)
- Among Mexican Americans ages 20-74, the following have total blood cholesterol levels of 200 mg/dL or higher:
 - 53 percent of men.
 - 48 percent of women.Of these, the following have levels of 240 mg/dL or higher:
 - 18 percent of men.
 - 17 percent of women.Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- Among Mexican Americans age 20 and older, the following have an LDL cholesterol of 130 mg/dL or higher:
 - 43.6 percent of men.
 - 41.6 percent of womenOf these, an LDL cholesterol of 160 mg/dL or higher is found in
 - 16.9 percent of men.
 - 14.0 percent of women.Low-density lipoprotein (LDL) or "bad" cholesterol levels of 130-159 mg/dL are considered borderline high. Levels of 160-189 mg/dL are classified as high, and levels of 190 mg/dL or higher are very high. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- Among Mexican Americans age 20 and older, the following have an HDL cholesterol less than 40 mg/dL.
 - 40.1 percent of men
 - 18.4 percent of women

High-density lipoprotein (HDL) “good” cholesterol levels of less than 40 mg/dL are associated with a higher risk of coronary heart disease. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

Age-Adjusted Prevalence of Americans Age 20 and Older With LDL Cholesterol of 130 mg/dL or Higher by Race/Ethnicity and Sex

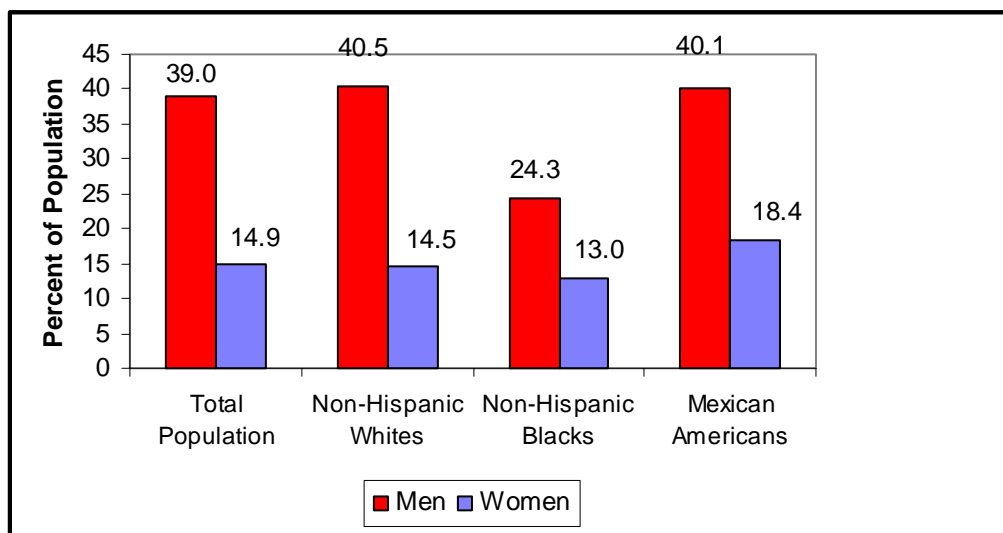
United States: 1988-94



Source: NHANES III (1988-94), CDC/NCHS.

Age-Adjusted Prevalence of Americans Age 20 and Older With HDL Cholesterol of 40 mg/dL or Lower by Race/Ethnicity and Sex

United States: 1988-94



Source: NHANES III (1988-94), CDC/NCHS.

Physical Activity

- Physical inactivity is more prevalent among women than men, among blacks and Hispanics than whites, among older than younger adults and among the less affluent than the more affluent.
- Among Hispanics in grades 9-12, the following report participation in **vigorous activity** during the past seven days:
 - 68.8 percent of males.
 - 52.4 percent of females.

The following report participation in **moderate activity** during the past seven days:

- 25.9 percent of males.
- 18.5 percent of females.

(YRBS [2001], CDC/NCHS)

- Among Hispanics age 18 and older, the following report no leisure-time physical activity:
 - 48.9 percent of men.
 - 57.4 percent of women.
- The prevalence of physical **inactivity** during leisure time among Mexican Americans is higher than in the general population.
 - The prevalence of physical inactivity among those whose main language is English is 15 percent of men and 28 percent of women. This is similar to that of the general population (17 percent of men and 27 percent of women).
 - Those whose main language is Spanish have the highest prevalence of physical inactivity (38 percent of men and 58 percent of women).

(NHANES III [1988-94], CDC/NCHS)

Overweight and Obesity

- Among Mexican-American children ages 6-11, the following are overweight, using the 95th percentile of body mass index (BMI) values on the CDC 2000 growth chart:
 - 27.3 percent of boys.
 - 19.6 percent of girls.

(NHANES [1999-2000], CDC/NCHS)

- Among Mexican-American adolescents ages 12-19, the following are overweight, using the 95th percentile of BMI values on the CDC 2000 growth chart:
 - 27.5 percent of boys.
 - 19.4 percent of girls.

(NHANES [1999-2000], CDC/NCHS)

- Among Hispanics age 18 and older, the following are overweight or obese, defined as a BMI of 25 kg/m² or higher:
 - 66.2 percent of men.
 - 56.6 of women.

Of these, the following are obese, defined as a BMI of 30 kg/m² or higher:

- 21.8 percent of men.
- 23.3 percent of women.

(NHIS [1997-98], CDC/NCHS)

- Among Mexican Americans age 20 and older, the following are overweight or obese, defined as a BMI of 25.0 kg/m² and higher:

- 74.7 percent of men.
- 71.9 percent of women.

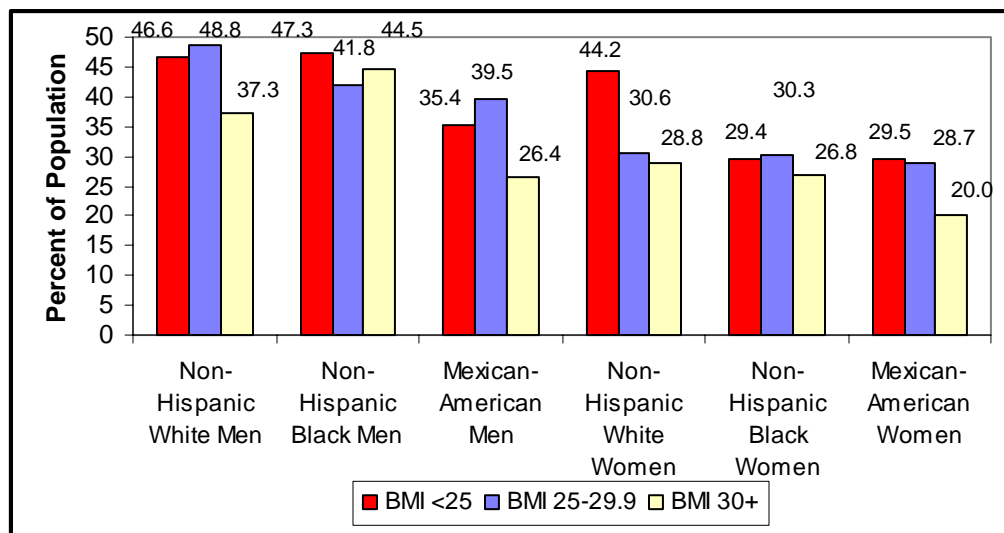
Of these, the following are obese, defined as a BMI of 30.0 kg/m² and higher:

- 28.9 percent of men.
- 39.7 percent of women.

(NHANES [1999-2000], CDC/NCHS)

Prevalence of Moderate or Vigorous Physical Activity in Americans Age 20 and Older by Sex, Race/Ethnicity and BMI*

United States: 1988-94



* BMI indicates body mass index: weight in kilograms divided by height in meters squared (kg/m²).

Source: NHANES III (1988-94), CDC/NCHS.

Diabetes Mellitus (ICD/10 codes E10-E14) (ICD/9 code 250)

- The risk of diabetes for Mexican Americans and non-Hispanic blacks is almost twice that for non-Hispanic whites. (NHANES III [1988-94], CDC/NCHS)
- Among Hispanic adults age 18 and older, the median percentage who've been told by a health professional that they have diabetes is 5.5 percent. (BRFSS [1997], CDC/NCHS).
- Among Mexican Americans age 20 and older, the following have **physician-diagnosed diabetes**:
 - 8.1 percent of men.
 - 11.4 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- Among Mexican Americans age 20 and older, the following have **undiagnosed diabetes**, using American Diabetes Association criteria of fasting plasma glucose of 126 mg/dL or more:
 - 5.8 percent of men.
 - 3.9 percent of women

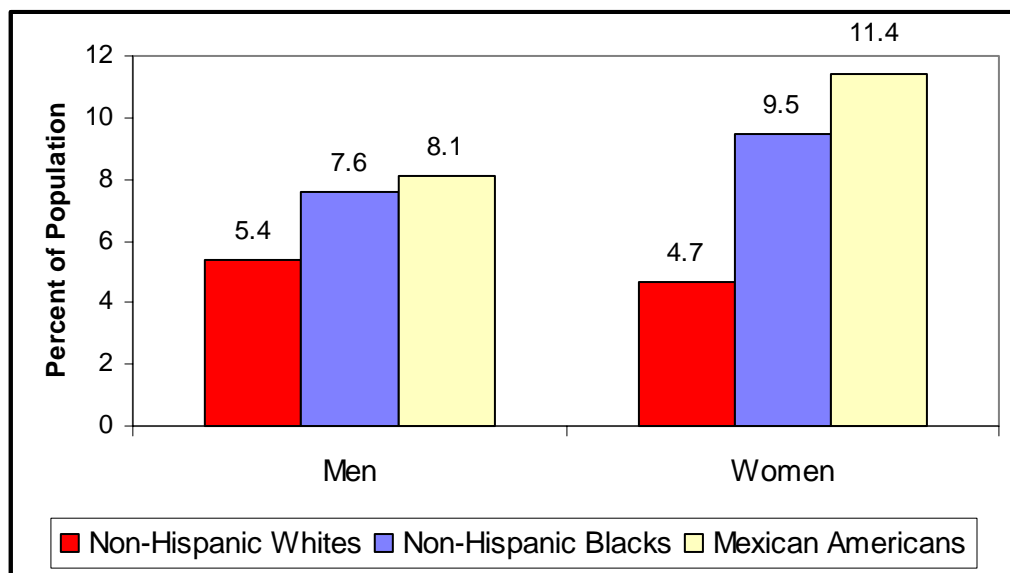
Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- Among Mexican Americans age 20 and older, the following have **pre-diabetes**, using American Diabetes Association criteria of fasting plasma glucose of 110 to less than 126 mg/dL:
 - 12.1 percent of men.
 - 6.7 percent of women

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

Age-Adjusted Prevalence of Physician-Diagnosed Diabetes in Americans Age 20 and Older by Sex and Race/Ethnicity

United States: 1988-94



Source: NHANES III (1988-94), CDC/NCHS.

Nutrition

- The average daily intake of total fat in the United States is 81.4 grams (g). For Mexican Americans the average is 77.6 grams:
 - 88.0 g for males.
 - 66.5 g for females.(NHANES III [1988-94], CDC/NCHS)
- The average daily intake of saturated fat in the United States is 27.9 grams. For Mexican Americans the average is 26.7 grams:
 - 30.1 g for males.
 - 23.1 g for females.(NHANES III [1988-94], CDC/NCHS)
- The recommended daily intake of dietary cholesterol for adults is less than 300 milligrams (mg). The average daily intake of dietary cholesterol in the United States is 269.6 mg. For Mexican Americans the average is 316.2 milligrams:
 - 365.9 mg for males.
 - 263.8 mg for females.(NHANES III [1988-94], CDC/NCHS)
- The recommended daily intake of dietary fiber is 25 grams or more. Americans consume a daily average of 15.6 grams of dietary fiber. For Mexican Americans the average is 18.5 grams:
 - 21.0 g for males.
 - 15.9 g for females.(NHANES III [1988-94], CDC/NCHS)

Source Footnotes

BRFSS – Behavioral Risk Factor Surveillance System

CDC/NCHS – Centers for Disease Control and Prevention/National Center for Health Statistics

MMWR – Morbidity and Mortality Weekly Report

NHANES III (1988-91) – National Health and Nutrition Examination Survey, Phase I

NHANES III (1988-94) – National Health and Nutrition Examination Survey

NHIS – National Health Interview Survey

YRBS – Youth Risk Behavior Surveillance